

How Well Do You Know Yourself?

Think about the question: How well do you know yourself? The more you know who you are, the better idea you have of what you want in life and how to get it using your skills and talents. You will also have a better understanding of your weaknesses and how to overcome or work around them.

Directions:

Below are a list of styles with descriptions and careers that correspond with the interests listed. Read the descriptions in the middle column and check or mark the ones that apply to you. When you are done, total the number in each category and graph these on the chart below. You will be able to see, graphically, what your strengths and weaknesses are.

Linguistic #_____	<input type="checkbox"/> Like to read, write or tell stories <input type="checkbox"/> Like word and trivia games <input type="checkbox"/> Have a good memory for names, places, dates <input type="checkbox"/> Can remember punch lines of jokes <input type="checkbox"/> Can spell words easily	<ul style="list-style-type: none"> • Writer • Editor • Secretary • Teacher • Politician • Social Scientist
Logical Mathematical #_____	<input type="checkbox"/> Like working with computers, numbers <input type="checkbox"/> Ask a lot of questions, especially about life <input type="checkbox"/> Enjoy strategy games like chess, checkers <input type="checkbox"/> Like doing experiments, even trying new recipes in cooking <input type="checkbox"/> Can reason things out in a logical and clear way	<ul style="list-style-type: none"> • Scientist • Engineer • Computer Programmer • Accountant • Philosopher
Spatial #_____	<input type="checkbox"/> Find pictures, mazes, movies, charts, maps interesting <input type="checkbox"/> Like and can draw and create things <input type="checkbox"/> Can find almost anything lost in the house <input type="checkbox"/> Like building with Lego's or doing jigsaw puzzles <input type="checkbox"/> Daydream a lot	<ul style="list-style-type: none"> • Architect • Artist • Mechanic • Engineer • Dentist
Naturalistic #_____	<input type="checkbox"/> Like to collect and categorize data <input type="checkbox"/> Keep observational journal <input type="checkbox"/> Curious about plants and animals <input type="checkbox"/> Take outdoor field trips <input type="checkbox"/> Care about the environment	<ul style="list-style-type: none"> • Geologist • Museum Director • Oceanographer • Marine Biologist
Musical #_____	<input type="checkbox"/> Find music is important in your life <input type="checkbox"/> May play a musical instrument <input type="checkbox"/> Use music to change moods <input type="checkbox"/> Need music on to study <input type="checkbox"/> Hear sounds in surroundings that others do not	<ul style="list-style-type: none"> • Musician • Radio / Video DJ • Music Critic • Composer

Body Kinesthetic # _____	<ul style="list-style-type: none"> ○ Need to move around a lot ○ Do well in sports ○ Like dancing, swimming, biking, or hiking ○ Use gestures and body language when talking ○ Like craft work, like woodworking, carving, sewing 	<ul style="list-style-type: none"> • Craftsperson • Athlete • Typist • Artist • Mechanic • Surgeon
Interpersonal # _____	<ul style="list-style-type: none"> ○ Like to talk about think out loud ○ Like to join groups ○ Tend to be a leader type ○ Good mediator ○ Organize people at work or play 	<ul style="list-style-type: none"> • Business Person • Community Leader • Counselor
Intrapersonal # _____	<ul style="list-style-type: none"> ○ Are independent and confident ○ Prefer to work alone and enjoy being alone ○ Have strong opinions on controversial topics ○ Are intuitive and have inner wisdom ○ Dress, behave or think differently from others 	<ul style="list-style-type: none"> • Writer • Small Business Operator • Religious Worker

5								
4								
3								
2								
1								
	Linguistic	Logical Mathematical	Spatial	Naturalistic	Musical	Body Kinesthetic	Interpersonal	Intrapersonal